

## New Mexico

### Nutrition and Physical Activity Program to Prevent Obesity and Other Chronic Diseases (Web site under development)

<p style="text-align: center;"><b>The Epidemic</b></p> <p>57% of New Mexico adults are overweight or obese. (CDC BRFSS, 2002)</p> <p>26% of New Mexico high school students are overweight or at risk of becoming overweight. (NM Survey of High School Students, 2001)</p> <p>22% of low-income children between 2 and 5 years of age in New Mexico are overweight or at risk of becoming overweight. (CDC PedNSS, 2002)</p> <p>The obesity rate among New Mexico adults increased by 100% between 1990 and 2002. (CDC BRFSS, 1990, 2002)</p>	<p style="text-align: center;"><b>Program Priorities</b></p> <p>The Obesity, Physical Activity, and Nutrition (OPAN) Forum Planning Group is working to develop a comprehensive state plan for preventing obesity through improved nutrition and increased physical activity. Five district meetings are planned throughout the state to identify the needs and priorities related to physical activity and nutrition expressed by a diverse spectrum of New Mexicans. The meetings will take place in the four quadrants of the state, which is largely rural and frontier in nature, and in the Albuquerque metropolitan area. The meetings will include representation of Native American tribes and pueblos. The University of New Mexico Prevention Research Center's long history of collaborating with Native American communities in promoting good nutrition and physical activity will be an invaluable asset for identifying priorities and partnering in culturally relevant activities with Native American communities.</p>
<p style="text-align: center;"><b>Recent Accomplishments and Products</b></p> <ul style="list-style-type: none"> <li>➤ Formed an Obesity Physical Activity and Nutrition (OPAN) Forum Planning Group.</li> <li>➤ Held second annual Obesity Symposium for health care providers.</li> </ul>	<p style="text-align: center;"><b>Upcoming Events and Products</b></p> <ul style="list-style-type: none"> <li>➤ Additional questions on nutrition and physical fitness will be added to the BRFSS and Youth Tobacco Survey.</li> <li>➤ A statewide forum for physical activity and nutrition initiatives in school environments will be convened</li> <li>➤ A 5 A Day training conference for health promotion workers will be held.</li> </ul>
<p style="text-align: center;"><b>New Partners</b></p> <p>Action for Healthy Kids Coalition Albuquerque Public Schools Alamogordo Public Schools Cloudcroft Public Schools Las Cruces Public Schools New Mexico Chronic Disease Council New Mexico Coalition to Promote Physical Activity and Nutrition New Mexico Sports and Wellness Taos Pueblo Diabetes Program WALK Albuquerque YWCA</p>	<p>Project Period: 2003-2008 Year First Funded: 2003 Funding Stage: Capacity Building Contact Person: David Vigil Chronic Disease Bureau Chief New Mexico Department of Public Health Telephone: 505-841-5836 Fax: 505-841-5865 E-mail: <a href="mailto:davidv@doh.state.nm.us">davidv@doh.state.nm.us</a></p>



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